















Tips to Care for Your Wellbeing Amid Crisis



Whether it's a global event, personal emergency, or unexpected challenge, crisis can shake your sense of stability and control. You don't have to navigate it alone. This guide is here to help you stay grounded, prioritize your mental health, and access support when you need it most.

-  Name what's changing. Write it down. Naming the change helps reduce mental clutter and reminds you what's actually within your control.
-  Create small rituals to restore calm. Lighting a candle, journaling for five minutes, making tea—simple, repeatable actions can bring a sense of stability and comfort during uncertain times.
-  Breathe through the intensity. Use breathwork to regulate your nervous system. (HK resource: Tap into breathwork sessions anytime through the [on-demand library](#).)
-  Explore HealthKick's Thrive partners, like [Insight Timer](#), [Our Breath Collective](#), [Spiritune](#), and [Aura](#) for relaxation, mindfulness, and guided practices to help you find calm and focus in your day and a restful sleep at night.
-  Prioritize connection. Reach out to a friend, colleague, or [professional support](#). Talking it out can help you feel less alone.
-  Stretch to release tension. Stress gets stored in the body. Take a few minutes to move with guided stretching from [StretchIt](#) or watch [this on-demand session](#) with Lymbr
-  Give yourself grace. Crisis is not business as usual. It's okay to feel off, to ask for help, and to shift expectations for yourself.
-  Set boundaries around news and social media. Stay informed—but not consumed. Limit your exposure and take intentional breaks.
-  Support is just a click away. Visit www.health-kick.com to explore resources, sign up for personalized wellness coaching, and access on-demand mental health tools to support you through whatever life throws your way.

-  In times of crisis, even basic tasks can feel overwhelming. Give yourself permission to do one thing at a time—getting out of bed, drinking water, stepping outside.
-  With HealthKick, employees have direct access to seasoned mental health and wellness coaches like Better Help and Tava. Whether you're facing a specific challenge or just need someone to talk to, schedule a 1:1 consultation.
-  Limit future-tripping. If your thoughts start spiraling into “what-ifs,” gently bring yourself back with this question: What do I need right now?
-  Practice grounding techniques like the 5-4-3-2-1 method (name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste) to help reduce overwhelm.
-  Learn how to manage uncertainty, regulate your emotions, and create space for calm with this [expert-led webinar](#) from Aura Health.



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